

Wellbeing and Health Open Forum



Notes of the Wellbeing and Health Open Forum held on 19 September 2017 at Broadacre House in Newcastle

Next meeting: Tuesday 13 February

Present

Clare Bethell	Advocacy Centre North, Newcastle CVS
Jacqui Jobson	Advocacy Centre North, Newcastle CVS
Geof Armstrong	Arcadea
Joyce Spencer	Barnardo's
BSL interpreter	Communication Support Service, Newcastle City Council
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Patricia Stead	Dance City
Diane Murphy	Deaflink
Emma Parke	Diabetes UK
Vera Bolter	Elders Council of Newcastle
Vicki Harris	HAREF, Newcastle CVS
Sarah Cowling	HealthWorks Newcastle
Kay White	Independent Age
Siobhan O'Neil	Involve North East
Alisdair Cameron	Launchpad
Wendy Barnfather	Live Theatre
Claire Murphy-	
Morgan	Monkfish Productions
Jack Summerside	Newcastle CVS
Martin Gollan	Newcastle CVS
Pam Jobbins	Newcastle CVS
Sally Young	Newcastle CVS
Deborah Legg	Nightstop, Depaul UK
Andrew McIntyre	Northern Stage
Cerese Pierre	Northumberland, Tyne and Wear NHS Foundation Trust
Barbara Douglas	Quality of Life Partnership
Kate Bowman	Quality of Life Partnership
Bren Riley	Riverside Community Health Project
Johanne Mears	Search
Liz Wright	Skills for People
Claire Hills-Wilson	The Lawnmowers Independent Theatre Company
Jenny Harrison	Tyne Housing
Anne Marshall	Victim Support Newcastle
Deborah Dobinson	WEA
Mark Mulqueen	Well Newcastle Gateshead, Blue Stone Consortium
Helen Wood	West End Refugee Service

More in common 2017

Apologies

Katie McSherry	Asylum Matters
Ollie Batchelor	Changing Lives
Andrew Thorp	Cycling UK
Stephen Lambert	Education4Democracy
Rose Maddick	Hospital of God
Ruth Abrahams	Newcastle CVS
Ann Dymyd	NIWE Eating Distress Service
Claire Webster-Saaremets	Skimstone Arts

Welcome and introductions

Sally Young, Chief Executive, Newcastle CVS, welcomed everyone.

1 Well Newcastle Gateshead

Mark Mulqueen, Well Newcastle Gateshead at Blue Stone Consortium

Mark said he is very new in post, and previously worked at Room for You and the Arts Council before that

Well Newcastle Gateshead

- One of the ten pathfinders of Well North, a movement to bring investment, culture change, support existing skills in communities, tackle inequality, improve the health of the poorest; delivering grass roots projects.
- The only pathfinder led by the voluntary sector; all of the others are led by statutory sector bodies: local authorities, CCGs, and NHS Trusts.
- The lead is Blue Stone Consortium (BSC) which has a membership of 43 voluntary organisations
- Well Newcastle Gateshead steering group includes BSC members, the NHS and Newcastle Gateshead Cultural Venues

Aims

- Improve school readiness and educational outcomes starting with children aged two to seven, in two areas, the inner west in Newcastle and Felling in Gateshead.
- Address poor mental health and social isolation in adults by providing creative opportunities for engagement in Byker in Newcastle and Chopwell in Gateshead.

Funding

- Guidelines to be launched in the near future
- 30% open bids and 70% commissioning
- £175,000 across 4 areas (Not firm boundaries) over 3 years

- Looking for asset based community development and legacy
- Projects about the quality not the numbers

2 The role of arts in health and wellbeing

Wendy Barnfather, Live Theatre

Live Theatre was established in 1973 and carries out international and national work
Untapped potential of children and young people

Principles:

- Anybody should be able to access the arts, e.g. offering a distance-learning course on how to be a playwright
- Focus on poverty, in the north east poverty has doubled from 2011 and 1/3 of Newcastle's 60,000 pupils are disadvantaged
- Live Theatre takes creative arts into schools e.g. Live Tales in KS2 which involves creative writing, getting together to develop stories e.g. based on a carrot top or cucumber
- There are 100 volunteers who help with the children writing in groups
- Children who start out withdrawn will go out skipping. They get a "book" at the end
- Reached 1,000 pupils; aim to reach 6,000
- Youth Theatre builds social skills and confidence

In response to a question Wendy said that the work will extend to secondary schools if they get funding; there is a pilot offering CPD training for teachers

There was discussion about the lack of clarity about what funders want from arts wellbeing and health – is it health and social care for individuals, the population, or about the quality of the art, or about participation?

- We manage partnerships or create them, with support for the artists and navigate routes
- we want the community to want artistic excellence and not just making do
- At Live Theatre, do not let artistic excellence drop
- Is the artistic process as important as the end product?
- It's about co-production, where starting from and going to.

3 Tackling right wing extremism

Jack Summerside, Newcastle CVS

Newcastle CVS is carrying out research funded by the Building a Stronger Britain Together (BSBT) programme at the Home office. Once the research is finalised materials will be developed to support voluntary sector workers in tackling right wing extremism, and launched with a campaign.

The research used purposive sampling in Newcastle and Gateshead
There is a lot of anecdotal evidence about tensions in the community
Few had heard of Prevent nor that it could be used to report right wing extremism

Recurring Tropes

- Built environment (inc. rubbish) – blaming new arrivals
- ‘They’ take away our jobs
- Social housing access and support
- Private rented housing
- Welfare benefits and support
- Health service access (and provision)

Timetable

- Full research report - end of October
- Website development begins September
- Aiming for a launch in early February 2018
- Campaign runs 6 to 8 weeks to end March

Newcastle CVS will ask organisations to sign up and pledge to have those difficult conversations.

Discussion

- Healthworks Newcastle is a Safe Reporting Centre
- But people terrified to report to the Police about a change in behaviour
- Need a neutral place and follow up, not police knocking at the door
- People spitting
- Operation Sanctuary caused fear and worry and fake news and conflict within the community
- Whole family approach – include young people
- What conversations are we having ourselves
- Different types of events, home visits,
- Women are afraid their children will be taken away/ women on a spousal visa – too frightened, to say if their partner is being radicalised
- Mate crime – people with learning disability are being befriended then exploited; moving into mate crime
- “Pledge” not keen – empty – but makes a noise, it’s a marker in the sand –
- Raise awareness would be good, if not staff might ignore comments
- Before Brexit – there might be an incident maybe once in 10 years; now feeling in area is of a powder keg
- Do cuts and austerity stoke up extremism?
- The EDL are targeting people with learning disability; people don’t realise they are being groomed
- Far right has deliberately conflated child abuse, paedophilia, and immigration

Questions

- Are Mate crimes included?
- Difficult conversations are difficult - will resources help if the worker is not skilled?

- Can there be an artistic response with arts organisations?

Martin Gollan summarised:

- There will be useful materials and to have conversations, reflective practice.
- The Pledge will be advertised

4 News round up

About Newcastle CVS

- VCS Infrastructure Support is the support provided by Newcastle CVS and the Volunteer Centre Newcastle, commissioned by Newcastle City Council. The City Council has published a draft commissioning model for the future service: it is posted on Lets Talk – 11 day consultation which closes 29 September
- BME public health post advertised closing date 27 Sept
- Vicki now in post at HAREF

General

Charges for NHS funded secondary care

A briefing by Asylum Matters about charges for NHS funded secondary care and the impact on destitute asylum seekers and marginalised communities was taken to the Forum. For the briefing visit

<https://cityofsanctuary.org/wp-content/uploads/2017/08/Asylum-Matters-Healthcare-Regulations-Briefing-2017-2.pdf>

There are two changes going on:

- From August NHS Trusts, hospitals, are expected to make a charge before treatment to non-eligible people such as failed asylum seekers unless it's an emergency.
- From 23 October, the requirement to charge non-eligible people is being extended to all NHS-funded community health services including in the voluntary sector.

There are wider implications, such as potentially having to ask all clients if they are eligible to use services funded by the NHS, and the chilling effect meaning that people who are worried about their status or whose status is changeable may not seek help.

HAREF call for case studies about NHS upfront charges

- If you have clients affected by these regulations and who would be willing to share their experience, please contact HAREF on haref@cvsnewcastle.org.uk

Deciding together/delivering together

- First set of deciding together/delivering together workshops – theme: Getting Help – summary of the 5 day workshop is available - at the end of the week a process map was produced but not clear what concrete actions/changes will emerge – Healthwatch are holding fringe events

- Time to Change mental health in the workplace conference sold out –70 million work days are lost each year due to mental health problems in the UK, costing employers approximately £2.4 billion per year - Almost one in three people have experienced mental health issues while in employment –

In Newcastle

- Broadacre House – Northern Creative Solutions taking over two floors in Commercial Union House – some tenants (esp. Recoco) likely to remain at Broadacre until the new year
- Hub developments – council plans in the city for community hubs; already have community family hubs; and the CCG are planning health care hubs (see Deciding Together summary)
- Decision by NCC Cabinet on setting up city parks trust expected in November

In Gateshead

- Making Every Contact Council officers all in post – call for bids/submissions expected shortly once signed off by legal
- World Mental Health Day event at Shipley on 10th October
- A few places available on “A Life Worth Living” suicide prevention training course on tomorrow 20 September 2017. Also forthcoming on 31st October
- Work progressing revamp of Gateshead JSNA website to be more VCS user friendly near completion
- Action plans on smoking cessation, suicide prevention being revised with NCVS input representing VCS voice

From the forum

- De Paul Nightstop are holding a sleep out at Durham cathedral on 13 October
- Josephine and Jack are holding their first AGM and introducing a new Josephine on 19 October

Evaluation

1. Would you recommend the Wellbeing and Health Open Forum to your colleagues?

Yes x 9

2. What are the key things you will take away with you today?

- Very useful re Well Newcastle and Gateshead

- New contacts x 2 – thank you!
- Tackling right wing extremism
- Well North Project
- Contacts of other organisations with an interest in diabetes
- Arts and the effect on Wellbeing
- Lots of new things going on in Newcastle/Gateshead
- Role of arts and wellbeing development
- Breadth of extremism and what is being developed to tackle it
- Info and contacts
- Lots of new information, unsurprising as I'm new in post. Also that the NCC review of infrastructure support needs to be responded to
- Gives me the opportunity to hear of all age “stuff” going on – working in the older people's sector can mean limited knowledge.

3. Have you made new connections at the event?

- Yes, Northern Stage
- Yes, this was my first Forum and it was great to meet the new HAREF worker in particular as well as other colleagues from the sector
- Yes x 5
- N/A

4. Is there any action you'll take after today?

- Couple of follow up conversations
- Connect with Well North Newcastle/Gateshead
- Connect with HWN
- Research into live theatre for young people I work with
- Yes, follow up on info gained
- Follow up with contacts made
- Yes, contact with HAREF worker and follow up WEA
- Yes - check where we are with GDPR, arranging meetings with HAREF and Deaflink
- Meet with new contacts
- Yes x 2

5. What would you change about the event or arrangements?

- Programme of forum to be circulated prior to the forum. Granted this may have occurred, I may just have not received it.
- More examples of arts helping Wellbeing. Research results
- It works well for me, time and location, subject matter and other attendees – all good
- All good – perhaps more “informal” networking time/an occasional longer session?
- Can't think of anything really
- Nothing x 4

6. Which topics would you like in future meetings?

- News updates always helpful and meeting other agencies so bit more time for this maybe?
- Awareness of vulnerable groups to “grooming” for right wing extremists.
- Mental health – alternative therapies
- Progress in mental health developments “Deciding together” and the latest position of collaborative working between Health and Social Care, i.e. Design lab, hubs, navigators/pathfinders and link workers etc.
- Too new in role to comment yet
- You are fulfilling what it says on the tin which is great. I am relatively new to the meetings, but perhaps have themed sessions occasionally – young people/older people/loneliness etc etc

Any other comments?

- I’m still relatively new in post so this was my first forum and it was incredibly informative – thank you!
- Thanks